

# CALGARIANS HELP KICK OFF AFRIKADEY! PG 3

Comment pg 6

Reaching out to Iran with beer diplomacy



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## Victim of festival stage collapse ID'd

**JAMBOREE** Camrose RCMP have released the name of a Lloydminster woman who died suddenly after powerful winds collapsed the main stage of a country music festival Saturday evening.

Donna Teresa Moore, 35, was crushed by a fallen speaker when winds gusting at more than 100 km/h ripped apart stage scaffolding at the Big Valley Jamboree.

At least 75 others were injured in the accident.

The investigation was handed over to Alberta Occupational Health and Safety Sunday afternoon, police said.

Festival organizers are seeking anyone who may have been on or near the stage before or during the collapse.

VICTORIA HANDSIDES/  
METRO CANADA

Entertainment pg 12



## Jungle shoot hardly Perfect

Your Money pg 8

## Careful with the fine print

ShareYourViews

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Vancouver



Vancouver police Const. Cinda Michael and her horse, Spur, at Stanley Park yesterday. That city's police are asking people to be vigilant after four fires were deliberately set in the park on the weekend. More coverage, page 4.

Park fires

## Officials issue 800 warnings

AMY GREGSON  
for Metro Calgary

**ELBOW RIVER** A greater presence of police officers, EMS, fire officials and by-law staff on the Elbow River resulted in 800 people receiving verbal warnings over the long weekend.

Bill Bruce of Calgary's Animal and Bylaw Services said it was a quiet weekend, but added he was impressed with an 85 per cent compliance rate on life-jacket use.

"People are getting the message to leave the booze at home and bring your life-jacket along," said Bruce.

Bruce said officers did dump approximately 150 bottles of liquor and issue eight tickets for consumption of alcohol under the Gaming and Liquor Commission Act.

Officers also handed out tickets to 13 people who didn't have life-jackets on their rafts, while two tickets were issued for rowdy public behaviour and several others for unattended fires and off-leash and unlicensed dogs.

Bruce said he wants people to remember that the Elbow River can be dangerous. On Saturday, he said two people were swimming without life-jackets and got caught in the current.

"Fortunately, there were two citizens wearing life-jackets who went in after them."

# Weather causes chaos

Storms result in child's death, power outages, fallen trees

LAURENCE HEINEN  
for Metro Calgary



## Enmax contact

- Customers can call the Enmax trouble line at 403-514-6100.

ditions in the city," said Calgary Fire Department spokesperson Deb Bergeson, noting that firefighters responded to 52 calls involving issues such as downed power lines, fallen trees and a blown transformer.

"Extreme weather means it's extremely busy for the fire department," Bergeson added that

crews were also called out to a house where a tree smashed into a window.

Enmax crews were also called upon to fix power outages that affected 11,500 customers, after responding to 4,000 other calls after a Saturday night storm.

Another 9,500 homes were without power yesterday night due to electricity outages, according to Enmax.

Saturday's storm also resulted in a local tragedy when three-year-old Michelle Krsek was killed after she was struck by a six-metre-long metal sheet

that blew off a building under construction on 9th Avenue and Centre Street SW. Her father and brother remain in hospital.

With more stormy weather in the forecast, concerned customers are encouraged to call the Enmax trouble line, said spokesperson Doris Kaufmann.

"I think that we're in for a couple more interesting shows of lightning," she said.

"It means that we can beef up the staffing and be ready for it."



## Page 2 is where the big news hangs out.



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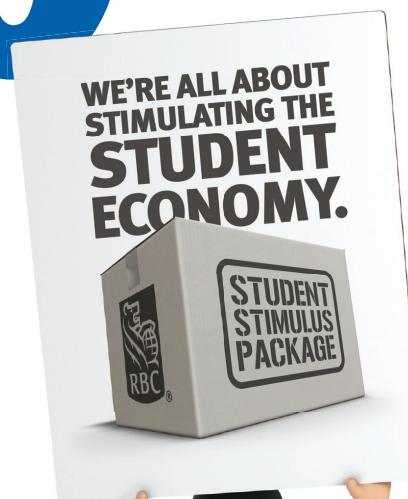


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## Ironman draws big crowd

More than 1,600 athletes descended upon Calgary Sunday morning for the inaugural Viterra Ironman Triathlon 70.3. The athletes swam in Cochrane, biked to Calgary and ran through Glenmore Park. The event has a three-year contract in Calgary. **METRO CALGARY**

# Local



## Battle of the bands ready to rock

Calgary's biggest youth Battle of the Bands hits the city this Friday with Toast'n' Jam at Canada Olympic Park. The free event will showcase the best of the city's young talents vying it out for the top prize. For more information visit [calgary.ca/toastnjam](http://calgary.ca/toastnjam).

**METRO CALGARY**

### Calgary in brief

**BISON** A 71-year-old Calgary man was gored to death by a bison on Sunday near Pincher Creek. Authorities say the man was out for a walk when the bison apparently attacked him. There are no charges expected, but the owner said they plan on euthanizing the animal.

**FUEL SHORTAGE** Gas stations continued to run empty yesterday after the local fuel shortage over the long weekend. Many Calgarians were left driving throughout the city to fill up their cars after a storm last week knocked out an Edmonton refinery.

**SEX CHARGES** Two Calgary men are facing sex-related charges in relation to underage girls in Banff over the weekend. A 26-year-old man and 23-year-old face charges for allegedly having sex with two teen girls also from Calgary. Both men will be in Canmore court to face charges tomorrow morning.

**METRO CALGARY**

## Sharing African culture with Calgary

Annual Afrikadey! celebrations rocking throughout the city all week long

**AMY GREGSON**  
for Metro Calgary

**Andrew Gomez** was one of many Calgarians gathered in the middle of Eau Claire Market yesterday to hear musician Karamoko Kouyate kick off the weeklong celebration of Afrikadey! 2009.

Gomez said that he keeps coming back to Afrikadey! year after year because of the unique music the festival has to offer and all the cultural events.

"The rhythms that they come up with in African music are so incredibly complicated that they're always mind-blowing," said Gomez.

Afrikadey!, in its 18th year, is a way to promote cross-cultural exchange and understand other cultures while celebrating Africa said artistic director



ROBIN KUNISKI/FOR METRO CALGARY

Karamoko Kouyate plays some traditional African folk music with his band at Eau Claire Market during the launch of Afrikadey! Festival, which runs from Aug. 3 to 8.

Tunde Dawodu.

"The idea is to bring Africa to Calgary and at the

end of it to understand what we all have in common," said Dawodu.

Dawodu said that people should come to the events throughout the week be-

**metronews.ca**

WHAT'S ONLINE TODAY

**Video** Rebuilding and reforming a notorious Afghan prison a key part of Canada's reconstruction efforts at [metronews.ca/canada](http://metronews.ca/canada)



**Blogs** Sexcetera reviews the grades from the first report card on the dating habits of Canadian males

### Lotteries

Friday, July 31  
Lotto Super 7:8, 12, 14, 15, 19, 23 & 33 Bonus 41  
Saturday, Aug. 1  
Lotto 6/49: 13, 14, 24, 31, 40 & 48 Bonus 44  
These results are not official.

## Show goes on despite kirpan controversy

**LAURENCE HEINEN**  
for Metro Calgary

**EVENT** The show went on after all.

One night after a concert by Punjabi singing sensation Gurdas Maan was called off at the Telus Convention Centre, promoter Nirmal Dhaliwal scrambled to organize a make-up performance at Prairie Winds Park in northeast Calgary yesterday afternoon.

"They were not allowing people even after I have given my assurance that I will be responsible if some-

could do possibly in my limits to put together something like this," Dhaliwal said shortly before Maan took to the stage in front of thousands of appreciative fans.

Sunday night's show was called off because security guards refused entry to concert goers who were wearing kirpans, which are considered a ceremonial dagger.

"They were not allowing people even after I have given my assurance that I will be responsible if some-

thing goes wrong," Dhaliwal said.

Friends Gurmukh Singh and Raj Cheema were disappointed Sunday's concert was cancelled and that yesterday's concert — originally reported to start at 3 p.m. — didn't get fully underway until around 4:30 p.m.

"We just came to see what was going to happen, but we're not happy at all," said Singh, who was allowed entry to the Sunday show even though he was wearing his kirpan.



Raj Cheema, left, and Gurmukh Singh give the thumbs up prior to Gurdas Maan's make-up concert yesterday afternoon.

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# Canada



## Schreiber in German jail

Kartheinz Schreiber, a key figure in a political party financing scandal involving former prime minister Brian Mulroney and former German chancellor Helmut Kohl, arrived in Germany yesterday and has been jailed after losing a decade-long extradition battle in Canada, CBC News Online reports. The 75-year-old former arms-industry lobbyist landed in Munich around 9:30 a.m. local time, and was taken to a jail in nearby Augsburg, where prosecutors accuse him of bribery and tax evasion.

METRO NEWS SERVICES

### News in brief

**WILDFIRES** More than 700 wildfires in B.C. burning across the hot, tinder-dry province have forced thousands of people from their homes, including around 2,000 people in Lillooet, where a fire is threatening the town. The roughly 3,000-hectare Mount McLean fire — which broke out because of a lightning strike — was one kilometre from town by press time yesterday. An evacuation order was also issued for people living in nearby Seton Portage, where a 1,000-hectare fire is burning.

KRISTEN THOMPSON/  
METRO CANADA

**COURTS** An Ethiopian court jailed a Canadian for life yesterday after he was convicted of membership in a rebel group fighting for independence for an ethnically Somali part of the country. Bashir Ahmed Muktal was found guilty last week on three charges.

REUTERS

### Ottawa Flame on



A busker from the group Flameoz wows audiences during the final day of the 18th annual International Busker's Festival on Sparks Street in Ottawa yesterday. Thousands of people came out to see buskers from around the world.

## Police suspect arson

Fires in B.C.'s Stanley Park prompt more patrols

DANIEL TAM  
for Metro Canada

**"(Stanley Park) is something that none of us want to lose."**

Const. Cinda Michael

Vancouver police are beefing up the number of mounted officers patrolling Stanley Park after four suspicious fires have been set in the park since Thursday.

Police say the fires are linked and are the work of an arsonist.

Const. Cinda Michael said 13 officers are now patrolling the park on horseback.

"We have seven regular officers who are supplemented by six reserve officers," she said.

The fires were set at different locations, including near the Rose Garden and Beaver Lake.

he said.

Witnesses told police they saw a man riding a bike near the fires, but investigators have no suspects yet.

Michael said the recent dry spell is the worst she's seen in her six years patrolling Stanley Park.

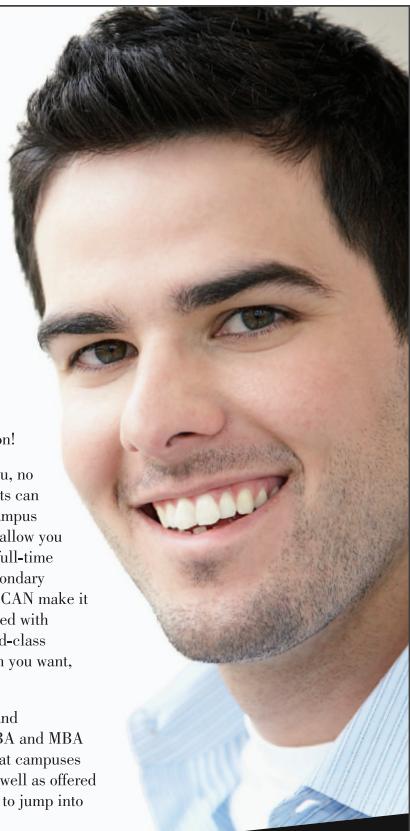
"It makes me feel a little bit apprehensive," said Michael.

"But we've gone through dry summers before without incident."

Michael asked that the public be aware of the smoking and barbecue bans and to be vigilant.

"We're really doing our best to make sure there are no accidents," said Michael. "(Stanley Park) is something that none of us want to lose."

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Subject: Sales Rep at METRO

## Plane diverted after passengers injured in severe turbulence

A Continental Airlines plane hit severe turbulence en route from Rio de Janeiro to Houston, Texas, yesterday and was diverted to Miami, where more than two dozen passengers were treated for injuries. A Miami International Airport spokesman said 168 people were aboard, including 11 crew members. **REUTERS**



# World



## Gorillas spawn new AIDS-like virus

A woman from Cameroon has been found to be infected with an AIDS-like virus that came from gorillas, French researchers reported Sunday. The woman, who has no symptoms of HIV infection, is well and was likely infected by another person, not an animal, the researchers said. Their findings suggest this newly discovered gorilla virus is circulating among people, they reported in the journal *Nature Medicine*. **REUTERS**

## Religious violence claims 700 in Nigeria

Samuel Yunana's father, Fayam, was taken from his home, stabbed in the side of the stomach and told to convert to Islam. When he refused, his throat was slit.

Fayam was among more than 700 people killed in the northern Nigerian city of Maiduguri during an uprising last week by a radical Islamic sect that wants sharia law imposed across Africa's most populous nation.

Followers of Boko Haram, which means "Western education is sinful," attacked government buildings, police stations, prisons, schools and churches during five days of rioting before soldiers and police put the uprising down.

**"They insisted (my father) was to convert to a Muslim. He refused, so on that basis they killed him."**

Samuel Yunana, son of Christian killed in Nigeria

As a prison warder and a Christian living near the sect leader's compound, Fayam was a particular target.

"He was taken from his house by Boko Haram. They stabbed him and he was losing blood," Yunana told Reuters.

"They insisted he was to convert to a Muslim. He refused, so on that basis they killed him," he said.

Nigeria is roughly equally divided between Christians and Muslims, and more than 200 ethnic

groups generally live peacefully side by side.

Boko Haram treats anybody who does not subscribe to its ideology — Christian or Muslim — as an infidel and its views are rejected by the vast majority of the country's Muslim population, sub-Saharan Africa's largest.

The sect's leader, Mohammed Yusuf, was shot dead in police detention last Thursday after being captured hiding among sheep and goats. **REUTERS**

## Ukraine Five-week-long rave



Women dance yesterday at the annual "KaZantip" festival in the Crimean town of Popovka, Ukraine. KaZantip is an annual music festival that takes place for five to six weeks in the summer.

## No shiny phones, Taliban say

**AFGHANISTAN** The Taliban

have warned Afghans that possessing pictures of "unrelated women and handsome boys" was against Islamic law and owning "shiny new phones" runs contrary to their religious dignity.

The Taliban have been posting "night letters" in the volatile southeastern province of Ghazni, reminding Afghans of their religious obligations. **REUTERS**

## News in brief

**JAPAN** A customer banned from a Tokyo ear-cleaning salon was arrested in Tokyo yesterday on suspicion of stabbing a young woman working at the salon and killing her grandmother, Japanese media reported.

**MILITARY** The Pentagon is seeking to speed deployment of an ultra-large "bunker-buster" bomb on the most advanced U.S. bomber as soon as July 2010, the Air Force said Sunday.

**CLINTON** Former U.S. president Bill Clinton was on his way to North Korea yesterday to negotiate the release of two American journalists convicted by the communist state of "grave crimes," South Korea's Yonhap news agency said.

**VENEZUELA** More than a dozen of 34 radio stations ordered closed by the Venezuelan government went off the air Saturday, part of President Hugo Chavez's drive to extend his socialist revolution to the media. **REUTERS**

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

## Politics of engagement

## National Report

Lawrence Martin

**t** was cool and rather instructive to see the way Barack Obama eased his way out of the overblown controversy about the Harvard professor being arrested for breaking into his house.

Let's all sit down, have a beer, talk it over, said the U.S. president.

That kind of engagement, beer diplomacy, can be a good thing, especially in the wake of the arrogant sabre-rattling of his predecessor.

But with Iran the politics of engagement isn't working.

Obama has tried to reason with Ayatollah Ali

Khamenei, Iran's supreme leader, proposing talks on the nuclear issue and on regional security. He didn't get much of a response. Then came the disputed Iranian election, the severe clamp-down on protests and now the show trials. All this was combined with the apparent Khamenei policy of full steam ahead on nuclear weapons production.

In a dispatch based on Western intelligence sources, The London Times breathlessly reported yesterday that Iran has already perfected the technology to create and detonate a nuclear warhead. The Western intelligence sources, one hopes, are

better than the likes of Dick Cheney and other charlatans who conned Western media on Saddam Hussein's non-existent weapons of mass destruction.

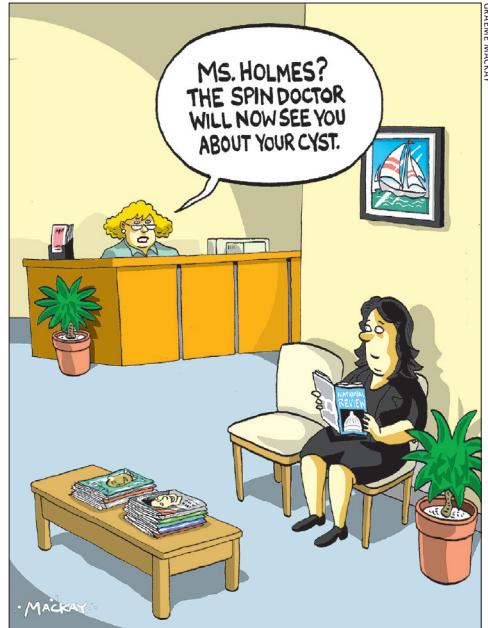
In any case, Obama's patience with Tehran is being sorely tested. We recall that in the election campaign Hillary Clinton and John McCain warned him about trying to negotiate with regimes like Iran. So far those cautions look justified.

Obama, who is of part Muslim descent, sees things differently than most American politicians. With his wider perspective, he is better capable of putting himself in

someone else's orbit. He can readily understand, for example, how Iran sees a gross double standard on the nuclear question. As in, "Oh yes, you can have nuclear weapons and Israel can have nuclear weapons but we can't!"

Obama will be under increasing pressure to adopt a stiffer line, to start issuing ultimatums. Better though he continue with his politics of engagement for some time. Let the Iranian leadership be seen as recalcitrant, let it be seen as not accepting any outstretched hand. In this way there will be a justifiable case, as well as a broad consensus, for assertive actions such as punitive sanctions. In this way there will be no repeat of the flim-flam that triggered the invasion of Iraq.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



## Worth mentioning

## More than 40 journalists killed in 2009: Report

At least 46 journalists have died while reporting the news in 21 countries this year, with Somalia and Mexico the most dangerous places for media, according to the International News Safety Institute (INSI).

But the Brussels-based body, which tracks killings and deaths of journalists and their aides around the world, said the once-high casualty rate in Iraq was dwindling rapidly with the relative decline in violence in the country.

Up to the end of July, six Somali reporters for local and foreign news organizations had been killed, while two journalists took

en hostage in 2008 remained in captivity 11 months later, INSI said.

"But the situation in Mexico is causing grave concern with at least three deaths confirmed and three more under investigation," said the organization, which is backed by major media

and professional bodies around the globe.

Three journalists had each died in Pakistan, Iraq and Philippines, it said. INSI noted a key media body in Sri Lanka reported 34 journalists and media workers have been killed there since the present government came to power in 2004.

REUTERS

## Views

## Public sector wages growing out of line

## In Business

Charles Davies

So it turns out Toronto Mayor David Miller is the Neville Chamberlain of municipal politics, an appeaser who will assuredly, and rightly, lose his job in the next civic election.

For now, though, let's consider the symbolism of Miller's deal with the Canadian Union of Public Employees, bankable sick days and all. It stands for the fact that, at all levels of government across Canada, public sector wages and benefits continue to grow way out of line with private sector standards. And the conse-

quences for our economy are very negative.

One is the sheer cost: Public sector wages and salaries — not including rich benefits — grew 56 per cent to \$161 billion annually in the decade to 2007, and they're still growing. So is the disparity with the private sector.

Back in 2000, the Canadian Federation of Independent Business calculated that a typical federal public worker had a 15.1 per cent advantage over a typical private sector worker in salary alone. Counting benefits, the advantage was 23.3 per cent. Today, the advantage gap has increased to 17.3 per cent for wages and 41.7 per cent for wages and benefits. Similar gaps can be found in both the provincial and municipal public service sectors.

Interestingly, employ-

ment in the public sector has actually grown through the recession, compared to the dramatic plunge in private sector jobs. Money spent on public sector wages and salaries that's over and above private sector levels is money that's not being spent on things we could really use, like improved public services or economic infrastructure.

You could make the same argument about questionably useful government services. After all, do we really need health workers in local government working full time on wellness programs?

Money spent padding the public sector may be good for consumption, but there are much more productive ways to create wealth and economic growth. Indeed, a bloated public sector contributes to a stagnant econ-

omy that values bureaucracy more than innovation, hardly what Canada needs coming out of a severe recession and into a much more harshly competitive world.

And in comfy, cosy Canada, where government offers high-paying jobs for life, what's the incentive for people to start businesses, to take real risks without financial safety nets and create growing enterprises? There's also a matter of fairness.

Why should taxpayers labouring in the private sector happily take pay cuts and/or layoffs in order to subsidize above average wages and benefits for garbage collectors or office bound bureaucrats?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

46

The toll of at least 46 by July 31 — which includes cameramen and photographers — compared with 109 in 36 countries for the whole of 2008. INSI counts accidental deaths while on reporting assignments in its figures.

But the Brussels-based body, which tracks

killings and deaths of journalists and their aides around the world, said the once-high casualty rate in Iraq was dwindling rapidly with the relative decline in violence in the country.

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**Google CEO Schmidt to quit Apple board**

Google Inc. chief executive Eric Schmidt is resigning from Apple Inc.'s board of directors, the companies said, citing increased competition between the two leading technology companies and increased regulatory scrutiny. **REUTERS**



# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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US **33¢**

**OIL**

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US **\$2.13**

**TSX**

**Closed**

## Banks reach out to recession-hit

Distressed customers offered help with mortgage payments, debt load

**Canada's biggest banks are offering financial lifelines to distressed consumers during this recession — some doing so on an unprecedented scale.**

Tens of thousands of customers are being allowed to skip mortgage payments without penalty, consolidate their debts and switch to lower-interest loans.

Banks say it's about giv-

ing their customers a helping hand during a tough economic time. But it is also an astute business strategy to keep loan losses in check, secure client loyalty and generate priceless word-of-mouth advertising to attract new customers when the good times return.

TD Bank has helped nearly 20,000 clients from February to July under a

program dubbed Project Umbrella.

"That number (20,000) might seem large, but I don't think that number is anywhere near the real story," said Tim Hockey, head of Canadian banking and president and CEO of TD Canada Trust.

BMO, too, has launched a special recession support initiative. It started in

April as a regional test program in hard-hit Ontario communities and became a national program in June. The Bank of Nova Scotia is reaching out to distressed clients through its branch staff, while offering a slew of online tips and tools.

Royal Bank of Canada plans to call each of its 10 million customers across

Canada this year, said David McKay, head of Canadian banking. In addition, RBC has launched an online advice centre.

"Customers are intimidated," McKay explained.

"They don't know how to talk to the bank. They are embarrassed. They don't know where to start — which is why we reach out." **TORSTAR NEWS SERVICE**

## Motivate staff or lose them, expert warns

**CHALLENGE** Canada's economy could emerge from the recession this quarter, which means companies are facing a high-stakes challenge to ensure their employees stay motivated on the job, experts say.

Businesses should be taking action now to ensure their best workers remain engaged, says Terry Power, president of staffing firm Randstad Canada.

"When you're in a recession, the trend typically becomes one of 'do more with less,'" Power said.

"The people in those situations that tend to step up and do the most for you ... are your best people. And often times, though, that gets kind of taken for granted."

Although businesses are squeezing staff through painful cost controls right now, good quality companies will also take the initiative to provide some sort of longer-term payoff — even if it is not a cash-based reward.

Those that don't, risk losing their best people, Power said.

Randstad has released a recession survival guide for managers entitled Engaging Employees for a Strong Recovery. The report argues that employee engagement includes promoting open communication and avoiding "unnecessary surprises."

Managers should also make "recognition" a top priority. That could mean heaping on praise for "small successes" or providing non-monetary incentives.

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REUTERS

## Boycott campaign Clash with hard reality



A Palestinian worker sticks Intajuna (Our Products) stickers on Palestinian goods displayed in a supermarket in the West Bank city of Ramallah yesterday. Intajuna is one of many campaigns asking Palestinians to avoid Israeli products. After 40 years of occupation, the Palestinian economy is tied to Israel's, so attempts to reduce its dependence clash with hard realities.

## HSBC eyes Shanghai share listing

**BANKING** HSBC Holdings could raise 50 billion yuan (\$7.3 billion US) in a Shanghai listing next year as it vies to be one of the first foreign firms to list in China, according to people familiar with the matter.

HSBC, which reported a better than expected \$5 billion half-year profit yesterday, said it wants to list but has yet to mandate investment banks for the planned flotation.

HSBC said it has not decided the size of the offering while the timing is subject to regulatory approval.

HSBC, the world's

### Chinese ties

- HSBC was the first foreign bank to raise one billion yuan in the so-called "panda bonds," the yuan-denominated bonds, in Hong Kong in June.

biggest bank outside China by market value with a market capitalization of over \$184 billion, says it sees the Shanghai flotation as a way to accelerate its growth there at a time when international rivals have retreated.

REUTERS

## Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Fake money,  
real world

**INVESTING** RBC Direct Investing announced the launch of Practice Accounts last week, the first integrated offering of its kind by a Canadian self-directed brokerage.

Available to RBC Online Banking and RBC Direct Investing clients, Practice Accounts will allow Canadians to buy and sell a wide range of investments with \$100,000 of no-risk "practice money." The quick and easy activation

of a Practice Account provides an opportunity to test-drive RBC Direct Investing's online site and experience real investing without using real money.

"Practice Accounts are a powerful new feature that provides online investors with the opportunity to hone their investing skills so they can make informed and confident decisions," said Jason Storsley, president and CEO, RBC Direct Investing.

For more information, visit [rbcdirectinvesting.com/practice](http://rbcdirectinvesting.com/practice).

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## Don't let your cash get sucked into fine print

Be careful when accepting attractive Pay Later deals

## AlisonOnMoney

[metronews.ca/alisononmoney](http://metronews.ca/alisononmoney)

Busted! It's the roof, furnace or washing machine and there's no spare dough. These are expenditures you don't want to put off — picture two working parents schlepping clothes to the laundromat for a couple of toddlers. Not fun.

Fortunately, there are always tempting Buy Now Pay Later offers to help you out.

They work if you set aside enough money to pay them off in full on the due date. One strategy is to settle the balance with a loyalty points credit card then eliminate that balance with money saved up.

However, check the fine print where payment landmines might be lurking. Some stores, the Brick for example, funnel Buy Now Pay Later purchases through their own cards. The purchase contract is actually a retail credit card application. And you can't pay the balance with another credit card.

If you don't have the



That new washer and dryer seems so attainable with a Buy Now Pay Later deal — but be careful what you wish for.

money in hand at the due date you are looking at close to 30 per cent in interest.

Worse, you also might be liable for all the accumulated interest from the day of purchase. Ouch.

For example, if you buy

an item for \$1,000 the first month's interest is \$24.91 at 29.99 per cent.

The next month you'll pay interest on \$1,024.91 and so on.

Additionally, many retailers charge administration fees ranging from \$25

Alison's  
Money  
Rule:

- Buy Now Pay Later deals are appealing, especially when you face an emergency expenditure. But landmines can lurk in the fine print.

to \$50 and you may have to pay sales tax up front.

So ask the questions.

- What are the fees and taxes up front?
- Am I applying for a store credit card? If so, what credit limit will be assigned? (This is important if your credit score is marginal).
- What's the interest rate?
- Can I pay the balance with a credit card?
- If I don't pay in full am I liable for interest from the day of purchase?

If you know you can't save enough to pay the balance before ante up time, apply for a lower interest bank credit line. It's still a debt but at least the interest won't sting as much.

Alison Griffiths is a financial journalist, author and host of *Mixed Out* on the W Network. Write to her at [alison@alisongriffiths.ca](mailto:alison@alisongriffiths.ca).

## Boost your financial IQ

**EDUCATION** You can't read or watch the news these days without coming across a story about the teetering economy, falling sales or another corporate cutback.

The economy's situation is motivating many of us to keep a closer eye on our spending habits, to think twice about jumping on the "buy now, pay later" treadmill. It's also a good opportunity to review

your financial IQ — and aim to sharpen it.

Do you have a good picture of your current financial situation? How much do you really know about the financial products you own? For example, do you know your credit card's annual interest rate? Are you making the most of your mortgage?

Becoming financially literate pays off in so many ways — improved peace of

mind, greater ability to spot and avoid costly mistakes, and more confidence in making financial decisions. So make a plan today to get a better grip on that hard-earned money of yours.

To find objective, accessible and, most importantly, understandable financial information, check out the Financial Consumer Agency of Canada's (FCAC) web site [moneytools.ca](http://moneytools.ca).



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Unable to come to terms with the UFC, Russian heavyweight and former Pride champion Fedor Emelianenko has signed a multi-fight agreement with San Jose-based Strikeforce. UFC president Dana White had been willing to schedule Emelianenko's first fight against Brock Lesnar for the UFC title if a deal had been reached. **METRO NEWS SERVICES**

**Fedor rejects UFC**

# Sports



## Montreal to MLS?

In a possible hint of Major League Soccer's next expansion location, league commissioner Don Garber last week told *Forbes* that MLS has been in discussions about adding a team in Montreal. The United Soccer Leagues' Montreal Impact would be the obvious candidate to join MLS. For more, check out It's Called Football at [metronews.ca/blogs](http://metronews.ca/blogs).

**METRO NEWS SERVICES**

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

## Judge delays Coyotes' game

First attempt at auction postponed

**It should be known by tomorrow whether Hamilton, Ont. still has any chance to become the home of the Phoenix Coyotes this season or beyond.**

An auction for the bankrupt team, which was to have taken place tomorrow between the two bidders wishing to keep the team in Phoenix, has been delayed until Sept. 10.

The NHL requested the postponement, but can't yet claim victory because no one is certain what form that September auction will take. Bankruptcy Judge Redfield T. Baum did not rule yesterday on whether Canadian billionaire Jim Balsillie, who wants to move the team to Hamilton, will be allowed to participate in that auction as a third bidder or whether there will be a separate, subsequent relocation auction.

That decision will likely be handed down tomorrow, the judge said.

"I'm going to think about this a little bit," said Baum. "It's a pretty significant issue."

**TORSTAR NEWS SERVICES**

**"I'm going to think about this a little bit. It's a pretty significant issue."**

Bankruptcy Judge Redfield T. Baum

The NHL also pressed hard for the court to state that the Coyotes would not be moving before the coming season — something Balsillie's lawyer said the RIM co-CEO is still prepared to undertake — but any ruling on that will be contained within the judge's decision on auction procedure.

The NHL's board of governors has already unanimously rejected Balsillie as a potential owner and requested that any form of relocation auction be dropped.

Bill Daly, the NHL's deputy commissioner, said he had no comment on the day's events.

"We will wait to see how the court rules on the form of the Sept. 10 auction," he responded in an email.

**TORSTAR NEWS SERVICES**

## NASCAR Pennsylvania 500



Matt Kenseth races the DeWalt Ford during the NASCAR Sprint Cup Series Sunoco Red Cross Pennsylvania 500 at the Pocono Raceway yesterday in Long Pond, Pa. Denny Hamlin won the race, breaking a 50-race winless streak. Kenseth finished 11th.

## Quebec police investigating Alex Burrows

### HOCKEY

Vancouver Canucks forward Alex Burrows, 27, facing possible charges, Canucks management say they're waiting to gather all facts before commenting, according to RDS.ca.



The family of goaltender Koray Celik isn't speaking either, on the advice of their lawyers.

Also known as the Pond

### New contract

Alex Burrows signed a four-year contract extension with the Canucks in March that will see him paid \$2 million per season.

Hockey League, the summer league helps professional, minor pro and college players stay sharp in the offseason.

**METRO CANADA**

**REUTERS**

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have been told to drink whisky on their trip to Wales for next month's World Cup qualifier to ward off the H1N1 swine flu virus, the head of the country's supporter association (VOB) said yesterday. "We urge our fans to drink a lot of Welsh whisky as a form of disinfection," VOB head Alexander Shpyrin told Reuters. "That should cure all symptoms of the disease."

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# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



## Walk/bike to work for fitness

Can't squeeze fitness into your day? Just walk to work.

A new U.S. study has found that "active commuting" — walking or riding a bike to work, even if it's only part of the way — boosts health and fitness levels.

Researchers in Chapel Hill, N.C., studied the commuting habits of 2,364 people who were enrolled in the Coronary Artery Risk Development in Young Adults (CARDIA) study. They then measured their height, weight, blood pressure and fitness levels.

Men who either walked to work or rode their bike

to work had lower obesity levels as well as lower triglycerides (fat in the blood), lower blood pressure, and lower blood glucose levels. The effect was not as strong in women.

The average length of activity was 20 minutes for men and 17 minutes for women. "Ultimately it would be wonderful to see more people walking and biking to work, but to make this happen, we need to make walking and biking safe and accessible by reducing environmental barriers to activity," says Dr. Penny Gordon-Larsen (PhD), lead author of the study.

CELIA MILNE/FOR METRO CANADA

## Iced coffees can be bad for your health

**NUTRITION** Enjoying an iced coffee? Better skip dinner or hit the gym afterwards, with a cancer charity warning that some iced coffees contain as many calories as a hot dinner.

The World Cancer Research Fund (WCRF) conducted a survey of iced coffees sold by some popular chains in Britain including Starbucks, Caffe Nero and Costa Coffee to gauge the calories as studies increasingly link obesity with cancer.

The worst offender — a venti dark berry mocha frappuccino from Starbucks — had 561 calories. Other iced coffee contained more than 450 calories and the majority had in excess of 200.

Health experts advise that the average woman should consume about 2,000 calories a day and a man about 2,500 calories to maintain a healthy weight. Dieters aim for 1,000 to 1,500 calories a day.



Many iced coffees contain more than 450 calories — almost as much as a dinner — warn health experts.

"The fact that there is an iced coffee on the market with over a quarter of a woman's daily calories allowance is alarming," Dr. Rachel Thompson, science programme manager at London-based WCRF, said in a widely-reported statement.

"This is the amount of calories you might expect to have in an evening meal, not in a drink."

REUTERS

# Sculpting in the sun

Target beach-revealing body parts with these fitness guru tips

ROMINA MCGUINNESS  
Metro World News



Dreading those days you have to bare your body on the beach? Metro speaks to fitness guru Ramona Braganza about how to get the perfect beach body this summer.

### Tone your Tum

Abdominal exercises are essential for a toned stomach and wasp waist. Alternate the exercises and make sure you work on several muscles including the rectus abdominis (assists regular breathing and supports the spine) and the oblique. Doing the plank is a great way to develop a cinched-in waist.

Intense cardio workouts will help burn excess fat. Eat healthily and avoid food or drink that cause bloating. Drinking water and avoiding alcohol and soft drinks are quick fixes. Carbohydrates should



In addition to body specific toning exercises, fitness guru Ramona Braganza recommends avoiding bloating foods and drinks like alcohol, soft drinks and carbohydrates.

### Beach tips

- Exercise in the morning before the sun is at its strongest. Make time for a jog or a swim before switching into "lazy" mode.
- Make fitness a way of life. Enjoy being active and drink loads of water to flush toxins out and keep metabolism revved up.
- Exfoliate with a loofah then moisturize to help keep skin smooth.

ROMINA MCGUINNESS/  
METRO WORLD NEWS

be scrapped from your dinner menu, as should all foods containing high levels of salt or refined sugars such as cheese or pastries.

### Armed Power

Push-ups are great if you're looking to tone your arms. If you cannot hold the position on your toes, use your knees. At-

tempt two sets of 10 followed up with a shoulder exercise (such as a shoulder press), then biceps (such as bicep curls) and triceps (such as tricep dips).

### Squat to Shape

According to Braganza, the best way to get a toned bum is to do squats. Holding on to dumbbells

throughout the exercise will make enhance the results but you must remain focused on the muscle you are working on. Squeeze your glute muscle as you stand up from a squat or lunge as this will transfer the workout over from your quads (the front of the legs) to the hamstrings and glutes (the back of the legs).

## Improve your dating grade guys: Report

### The J Spot

**Josey Vogels**

metronews.ca/thejspot

Given that Canadian guys aged 16 to 24 scored a C-minus on AXE Canada's first annual dating report card, they clearly need some help.

And while the folks behind the cologne — yes, the one that gets guys laid in the elevator if you believe their ads — have offered some helpful advice (i.e. lose the cheesy pick up lines, follow-up with a phone call, and don't automatically assume a kiss means she's interested), I went to the real experts.

Ronald Lee is the guy behind Vancouver's Man

Meets Woman (manmeetswoman.com), a dating coaching company for men. He says one of the biggest mistakes men make is that they approach women without a clear goal in mind and end up having a possibly pleasant, but unfruitful encounter. Says Lee, "A man needs to know why he is talking to a woman. For her phone number? To get a date? To just be friends?"

Darren Glickman is the co-founder of The Guyds (theguyds.com), a Toronto-based dating coaching website for guys. He agrees that cheesy pick-up lines don't work but adds that most guys are too weak or way too strong in their approach. "Women like confidence, but they don't like cockiness," he says.

The best way to avoid one of men's biggest fears when it comes to dating — landing in dreaded "friend zone" with a woman — is



When interested in a woman, men should avoid the "friend zone" and act confidently without being cocky, advise experts.

to stay out of the friend-zone to begin with, says Lee. Glickman agrees. "Don't do 'friend' things with her — like shopping, beer pong or hockey games," he says. "Don't take an interest in the men she's interested in romantically. Don't beat around the bush; tell her you're interested in more and see where it goes. The worst that can happen is she turns you down. That's better than ending up with another pseudo friend."

And, contrary to popular

opinion, nice guys don't have to get left on the dating sidelines. "Many nice guys are ignorant about how to seduce women and thus, get treated as doormats, a role they unfortunately accept," says Lee.

- For more dating advice for guys and to see the entire AXE Dating Report Card, go to Josey's blog Sex-etera at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Mark Wahlberg tied the knot with his longtime girlfriend, Rhea Durham, at the Good Shepard Catholic Church in Beverly Hills over the weekend, according to People magazine. **METRO WORLD NEWS**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## DVD picks



### Race to Witch Mountain

Director: **Andy Fickman**

**WHEN WRESTLER** Dwayne (The Rock) Johnson made his big-league film debut eight years ago in *The Mummy Returns*, he was something of an alien presence in the role of the Scorpion King, a human-headed arthropod that spoke only ancient Egyptian.

He's evolved into a full-fledged actor, and in the Disney family thriller *Race to Witch Mountain* he's the human assisting a couple of alien kids in their quest to return home. It's like E.T. on steroids. Space kids Sara (AnnaSophia Robb) and Seth (Alexander Ludwig) have to not just "phone home," but also to return something to their planet that is of utmost importance both to their interstellar abode and to Earth.

Johnson plays Jack, a Las Vegas cabbie who gets caught up in the alien quest while trying to outrun his own troubles.

In classic Disney style, the film keeps the action going and the sentiments flowing for a lively and heartwarming experience, albeit one with few surprises.



### Gomorrah

Director: **Brian Hecker**

**THE TITLE OF** Matteo Garrone's multiple narrative of corruption, an award winner at Cannes 2008, refers both to the biblical town of sin and to the Camorra families of Naples, the crime syndicate that Hollywood forgot.

The Sicilian mobsters of *The Godfather* get all the attention, but a sobering collection of facts provided by Garrone toots up the damage the Camorra does off the radar: Among other things, it's responsible for 4,000 deaths over the past 30 years.

Garrone waits until the end credits to list the Camorra's ills, and by then it's almost beside the point. They would have been more useful at the start, to assist in negotiating the thicket of characters and incidents the director has extracted from Roberto Saviano's best-selling crime exposé, also titled *Gomorrah*.

Repeat viewings, if you can bear them, also improve comprehension. It's best, though, to forsake plot and just follow the characters, as Garrone's nimble camera does with documentary immediacy.

Peter Howell/for Metro Canada

metronews.ca

Mark Wahlberg tied the knot with his longtime girlfriend, Rhea Durham, at the Good Shepard Catholic Church in Beverly Hills over the weekend, according to People magazine. **METRO WORLD NEWS**

## Sober visit

Madonna wants to take her children to Auschwitz so they can "see how lucky they are." The Kabbalah follower is to make the trip to Poland later this month. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

# Treacherous shoot

New thriller *A Perfect Getaway* was filmed in Puerto Rico

STEVE GOW  
for Metro Canada

**Although an actor's life on a soundstage is often pampered — fantastic catered food, cushy accommodations — perhaps the most effortless film for a thespian to make are actually those shot in the remote jungles of Puerto Rico.**

"There's an element when you are out dealing with nature around you that definitely as an actor I think is a lot easier than say, (if) this whole set was a jungle on a soundstage," said *A Perfect Getaway* star Milla Jovovich (*Resident Evil*).

"The whole energy changes, you're not projecting as much (on a soundstage) and people are like, 'remember there's wind and remember the rain.'"

The cast of *A Perfect Getaway* — which hits theatres this Friday — didn't have to worry about faking it much. The thriller about hikers being terrorized on a remote trail in Hawaii may have been filmed in Puerto Rico but the exterior shoot was no less treacherous — the cast had to traverse steep valley spillways and deal with unpredictable storms.

"It makes you focus on what is happening," said co-star Steve Zahn (*Sahara*). "It's also unfamiliar territory for the actors and for people watching."



Milla Jovovich and Steve Zahn star in *A Perfect Getaway*, which opens in theatres Friday.

**A Perfect Getaway opens on Friday**

"Besides the fact that hey, it's nature," added Jovovich. "We're doing a scene and suddenly there's a typhoon raining down on us and now we got to stop for hours and wait."

Directed by David

## Movie feature

Twohy (*The Chronicles of Riddick*). *A Perfect Getaway* is the sort of campy thriller that blends stylistic flair and humor with a unique plot twist — not easy to do given that the story only revolves around three couples — each with a curious past.

"What's kind of cool about it is that it's less about being right about who's doing what," said Zahn of discovering the reveal. "It was more about why you think that person or those people (are committing the acts). It's easy to guess something but that's what I thought made this very unique."

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## What's in a name?

Demi Moore is marking the fourth anniversary of her wedding to husband Ashton Kutcher by taking his last name as her own. The actress has decided to officially become Demi Kutcher, according to reports. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

## A pesky dead relative

## Twenties Girl

**Author:** Sophie Kinsella  
**Publisher:** The Dial Press  
**Price:** \$32 (Hardcover)



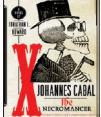
At 27, Lara Lington has quite enough drama in her life. The British businesswoman is preoccupied with running a shaky start-up company; with the departure of her closest confidant and business partner, who has jumped ship to Asia; and with being dumped by her ideal mate. But just when she feels most alone, she's visited by the ghost of her great aunt Sadie, who's an outgoing 1920s flapper. Sadie wants Lara to find a lost necklace and, to Lara's chagrin, keeps distracting her with visits until she does. But annoyance turns to appreciation when the relatives find common ground.

## BookPicks



## Johannes Cabal the Necromancer

**Author:** Jonathan L. Howard  
**Publisher:** Doubleday  
**Price:** \$29.95 (Hardcover)



When Johannes Cabal made a deal with the Devil — selling his soul so he could learn to communicate with and raise the dead — he didn't expect he'd have to rescind on it. But tormented by a secret from his past, he attempts to reason with Satan. The latter complies, but for a price: Johannes must convince 100 people in one year to sell their souls. To help, Satan equips Johannes with a travelling circus, which he staffs with those raised from the dead. Together, they journey through England for what could be Johannes' final experiment.

— BRIAN COULTON/  
FOR METRO CANADA

## Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning July 31:

- 1 Funny People:** \$23.4 million US
- 2 Harry Potter and the Half-Blood Prince:** \$17.7 million
- 3 G-Force:** \$17.1 million
- 4 The Ugly Truth:** \$13 million
- 5 Aliens in the Attic:** \$7.8 million
- 6 Orphan:** \$7.3 million
- 7 Ice Age: Dawn of the Dinosaurs:** \$5.3 million
- 8 The Hangover:** \$5.1 million
- 9 The Proposal:** \$4.8 million
- 10 Transformers Revenge of the Fallen:** \$4.6 million

REUTERS

## Kenya's Style

## Kenya Hunt

Read the blog at  
[metronews.ca/kenyasstyle](http://metronews.ca/kenyasstyle)

For complete online movie  
listings, trailers, reviews  
and tickets, visit:

[metronews.ca/movies](http://metronews.ca/movies)

| CA               | Vu  | SC   | 7:00                     | 7:30            | 8:00                    | 8:30        | 9:00                               | 9:30                               | 10:00                         | 10:30 | 11:00  |
|------------------|---|--|--------------------------|-----------------|-------------------------|-------------|------------------------------------|------------------------------------|-------------------------------|-------|--|
| 267 351 - ACCESS | Alberta                                     | Primetime (Live)                             | America's Got Talent     |                 |                         |             | America's Got Talent (HDTV)        |                                    |                               |       | Primetime  |
| 243 317 3 CFCN   | Corner Gas                                  | Hollywood                                    | CSI: Miami               |                 |                         |             | Criminal Minds (HDTV)              | Flashpoint                         |                               |       | News   |
| - - 4 OMNI       | Two/Half Men                                | The Simpsons                                 | News (N)                 |                 |                         |             | News (N)                           | The Simpsons                       | King                          |       | Metro  |
| - 371 5 KXLY     | 4 News at 6                                 | 4 News at 6:30                               | Entertainment            | The Insider (N) |                         |             | The Superstars (Season Finale) (N) |                                    | Scrub                         |       | Primetime  |
| 245 306 6 CBRT   | Coronation St.                              | Jeopardy!                                    | Rick Mercer              | 22 Minutes      |                         |             | Being Erica (DVS)                  | CBC News: The National             |                               |       | The Hour   |
| 244 338 7 CICT   | ET Canada                                   | Entertainment                                | NCIS "About Face"        |                 |                         |             | NCIS "Hide and Seek"               | Big Brother 11 (N)                 |                               |       | News Hour  |
| 246 - 8 CTKA     | Law & Order: SVU                            | Make Me a Supermodel                         |                          |                 |                         |             | Hell's Kitchen (PA) (N)            | More to Love (N)                   |                               |       | Your City  |
| 119 705 9 CBXFT  | Des squelettes                              | Tout   | Beautés désespérées (SC) |                 |                         |             | Bons baisers de France (SC)        | Le Téléjournal et Les Nou          |                               |       | TJ Alberta                                       |
| - - 10 SHAW      | (6) Local Programming                       |  |                          |                 |                         |             |                                    | Local Programming                  |                               |       |  |
| - 372 12 KREM    | News  | Hollywood                                    | The Doctors              |                 |                         |             | NCIS "Hide and Seek"               | Big Brother 11 (N)                 |                               |       | Medium   |
| - 374 14 KSPS    | NewsHour With Jim Lehrer                    | Nova (DVS)                                   |                          |                 |                         |             | Nova scienceNOW                    | Wild! (DVS)                        |                               |       | Appalachia                                       |
| 502 390 11 CBC   | CBC News: The National                      | Norm   | Keep him at home.        |                 |                         |             | CBC News: The National             | CBC News: The National             |                               |       | Norm   |
| - 376 16 KHQ     | News (N)                                    | Be-Millionaire                               | Jeopardy!                | Wheel-Fortune   | America's Got Talent    |             | America's Got Talent (HDTV)        | America's Got Talent (HDTV)        |                               |       |  |
| - 373 22 KAYU    | The Simpsons                                | Raymond                                      | Two/Half Men             | Two/Half Men    | Hell's Kitchen (PA) (N) |             | Hell's Kitchen (PA) (N)            | More to Love (N)                   |                               |       | News   |
| 297 652 37 WPIX  | Hitched or Ditched                          |  | PIX News at Ten Tong.    |                 |                         |             | Two/Half Men                       | Friends                            |                               |       | Sex and-City   According-Jim                     |
| 500 500 23 CNN   | Larry King Live (N)                         | Anderson Cooper 360 (HDTV)                   |                          |                 |                         |             |                                    |                                    |                               |       | Frasier  |
| 500 502 31 CN2   | Jane Velez-Mitchell                         | Nancy Grace                                  |                          |                 |                         |             |                                    |                                    |                               |       | Larry King Live   Cooper 360                     |
| 400 401 21 TSN   | MLB Baseball                                | SportsCentre (HDTV) (Live)                   |                          |                 |                         |             | Off the Record                     | WEC WrekCage (HDTV)                |                               |       | NASCAR Race                                      |
| 408 417 27 net   | Boxing                                      |  |                          |                 |                         |             | Red Bull: Air Race                 | Sportsnet Connected                |                               |       | MMA Conn   |
| 410 403 30SCORE  | Poker                                       |  | Score Tonight            |                 |                         |             | Final Score                        | Final Score                        |                               |       | Final Score                                      |
| 411 457 44 OLN   | Survivorman                                 | Ghost Hunters                                |                          |                 |                         |             | Bounty Hunter                      | Bounty Hunter                      |                               |       | Ghost Hunters                                    |
| 417 406 48 SPEED | Super Bikes!                                | Super Bikes!                                 | Jacked!                  | Jacked!         |                         |             | Pimp My Ride                       | Pass Time                          |                               |       | Pimp My Ride   Super Bikes!                      |
| 552 543 20 YTV   | iCarly                                      | iCarly                                       | Drake & Josh             | Prank Patrol    |                         |             | Malcolm-Mid.                       | Futurama                           |                               |       | Family Biz   Prank Patrol                        |
| 557 541 39 FAM   | Zoey 101                                    | Life Derek                                   | Wizards-Place            | Han, Montana    | Zack & Cody             | Latest Buzz | 6TEEN                              | Futurama                           |                               |       | Falcon Beach   Ned's School                      |
| 555 545 67 TON   | Ben 10                                      | Johnny Test                                  | Jimmy Two                | Total Drama     | 6TEEN                   |             |                                    | American Dad                       |                               |       | Robot Chicken                                    |
| 575 583 11 CMT   | Reba  | Reba   | Hope & Faith             | Hope & Faith    |                         |             | Cheerleaders                       | Cheerleaders                       |                               |       | Backyardigans   Ni Hao, Kai-lan   Go, Diego, Go! |
| 553 546 17 TREE  | Little Bear                                 | Maggie-Beast                                 | Comfy Couch              | Zigby           |                         |             | Max & Ruby                         | Babar                              |                               |       | Better Off Ted   CHCA News                       |
| - - 18 CHTV      | The Insider (N)                             | El News                                      | Ruby (N)                 | Ruby (N)        |                         |             | Taking It Off                      |                                    |                               |       |  |
| 505 398 19 TWN   | (5) EarthWatch One                          | EarthWatch One                               |                          |                 |                         |             |                                    |                                    |                               |       |  |
| 606 568 23 W     | Style by Jury                               | Style by Jury                                | Style by Jury            | Friends         |                         |             | Colour Confidential                | Style by Jury                      |                               |       | Accidental Wit                                   |
| 521 560 24 TLC   | 18 Kids-Count                               | 18 Kids-Count                                | Little Couple            | Little Couple   |                         |             | 18 Kids-Count                      | Little Couple                      |                               |       | Jon & Kate                                       |
| 603 561 25 FOOD  | Hell's Kitchen                              | Good Eats                                    | Good Eats                | Good Eats       |                         |             | Iron Chef America                  | Unwrapped                          |                               |       | Unwrapped   Hell's Kitchen                       |
| 615 520 26 A&E   | The First 48 (HDTV)                         |  | The Cleaner (HDTV) (N)   |                 |                         |             | The Cleaner (HDTV)                 | The First 48 (HDTV)                |                               |       | The First 48                                     |
| 617 522 32 SHOW  | Trailer Park                                |  | The Outer Limits         |                 |                         |             | Painkiller Jane                    | Termination Point (2007, Suspense) |                               |       |  |
| 601 562 33 SLICE | Rich Bride, Poor Bride                      | Rich Bride, Poor Bride                       |                          |                 |                         |             | ET Canada                          | Til Debt-Part                      | Real Housewives OC            |       | Trading Sp                                       |
| - 633 34 ENCB    | Keep Free                                   | Keep It in the Family (1973, Romance-Comedy) |                          |                 |                         |             |                                    | The Cleaner (HDTV)                 |                               |       | The Baby-Sitters Club (1995)                     |
| 520 505 35 DISC  | Against the Elements (N)                    | Deadliest Catch (N)                          |                          |                 |                         |             | Daily Planet                       |                                    |                               |       | Deadliest  |
| 620 523 36 BRAVO | La Nouba Cirque du Soleil                   |  | Bravonews                |                 |                         |             | Seinfeld                           | Steve Harvey                       | Boat Trip * (2003, Comedy)    |       | Till Human                                       |
| 290 560 40 WPH   | Boat Trip * (2003, Comedy)                  | Cuba Gooding Jr.                             |                          |                 |                         |             |                                    |                                    |                               |       |  |
| 626 547 41 COM   | Laughs                                      | Comedy Now                                   | Air Force                | 22 Minutes      |                         |             | Law & Order                        |                                    |                               |       |  |
| - 539 42 TCM     | (6) The President's Analyst                 | Ways to Die                                  | Ways to Die              | MANswers        |                         |             |                                    |                                    |                               |       |  |
| 628 584 43 SPIKE |   |  |                          |                 |                         |             | UFC: Penn vs. Florian              | CSI: Crime Scene Invstgn.          |                               |       | MANswers   |
| 522 516 45 HIST  | To Build a Nation                           | NCIS "Iceman" (HDTV)                         |                          |                 |                         |             | Lost Worlds: Atlantis.             | To Build a Nation                  |                               |       | NCIS   |
| 627 528 46 SPACE | Torchwood                                   | Ghost Hunters                                | In Dreams                | Psychic Inv.    |                         |             | Stargate SG-1 (DVS)                | Encounters                         | Star Trek: Next Gen.          |       | Trek: Voyager                                    |
| - - 47 AMC       | (6) Dances With Wolves **** (1990, Western) | Kevin Costner, Mary McDonnell.               |                          |                 |                         |             |                                    | Judging Amy                        |                               |       | Missing  |
| 619 525 49 TROP  | North of 60 "Bushman"                       |  | Power Play               |                 |                         |             |                                    |                                    |                               |       | The Bridge at Remagen (1969, Drama)              |
| 600 564 50 HGTV  | SarahCottage                                | Genevieve                                    | House Hunters            | Holmes on Homes |                         |             |                                    |                                    |                               |       | Family Guy                                       |
| 501 391 52 CTV   | CTV News Tonight                            | News   | CTV News                 | News            |                         |             |                                    |                                    |                               |       | Schulz   |
| 504 508 70 BNN   | Taking Stock                                | Market Call                                  |                          |                 |                         |             | Headline                           | Market Call                        | Commodities                   |       | Euromaxx   |
| 526 507 92 VIVA  | The Closer                                  | Ghostly Enc.                                 | In Dreams                | Psychic Inv.    |                         |             | From the Spirit                    | New Canoe                          | Judging Amy                   |       | Schulz   |
| 269 350 93 APTN  | Wings-Canada                                | Tears  | Chiefs-Champ             | Tribal Treks    |                         |             |                                    |                                    |                               |       | Missing  |
| - - 54 MCP       | World News                                  | News   | Banquet                  | Kingdom-Wind    |                         |             | II Cafe                            |                                    |                               |       |  |
| 571 581 100 MMM  | Celebrity Rehab With Dr. Drew               | Entourage                                    | Gene Simmons             | The Daily Fix   |                         |             |                                    |                                    | Celebrity Rehab With Dr. Drew |       | Entourage  |
| 570 580 101 MM   | Greek                                       | Video on Trial                               | Video on Trial           | One Tree Hill   |                         |             |                                    |                                    | Greek                         |       | MuchVibe   |
| 581 566 102 MTV  | 16 and Pregnant                             | Daddy's Girls                                | Daddy's Girls            | MTV Live        | After                   |             |                                    |                                    | Super Sweet                   |       | Daddy's Girls                                    |

BRIAN COULTON  
for Metro Canada

## Paris has, like, lots of besties



Paris Hilton doesn't need a televised competition to find friends, but she says she uses one to give people a chance to be her pal who wouldn't have a shot otherwise.

"Obviously, in real life, I have a lot of friends," she says with a proud giggle. "The show is just a really funny and fun concept."

The bleached-blonde member of the family behind the Hilton Hotels Corporation will name her newest confidante on the finale of Paris Hilton's My New BFF (that's "best friend forever," for the acronym-inept), this week. The show airs Thursday night on MuchMusic.

The competition is the second she's held in the United States, although things went sour with the first American victor. After visiting the hometowns of this season's three finalists on last week's episode, Hilton ousted California's Stephen Hampton, the sole remaining male.

Now, the final two pets

of Paris — Florida's Stefanie Fritz and Louisiana's Tiniecia Goldsmith — are left to vie for the BFF title, having outlasted 14 others in hopes of hobnobbing regularly with the heiress.

Whoever wins, Hilton says it's very important she

doesn't change who she is when the shimmer of celebrity spills onto them.

"When you come in the spotlight, anything can happen," she says. "You should never forget who you first were originally."

Among the qualities

## On TV

If you missed season two of Paris Hilton's My New BFF, you can experience it in its entirety Saturday on Star.

Hilton said she looks for in a BFF are trustworthiness, a good heart and the ability to humour her.

"I just want somebody who is real and not becoming my friend for any other reasons, to get face time or use me," she says.

And to make sure that doesn't happen? "Maybe I'll tell them a secret ... we'll see if it will get out, even if it's a big rumour," she says.

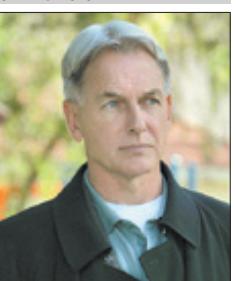
But even if it doesn't work out again, perhaps Hilton will keep one of the other contenders in mind. She says that even after the show wrapped shooting, she still socialized with half the cast.

"They came over to my house party," she says. "Everyone this season has just been so much fun. There are so many big personalities in the house. But the person who won, I'm very close to."

## critics' corner

## NCIS

A military family comes under suspicion when a boy finds a murder weapon, prompting Gibbs and the team to track ownership of the gun. Michael Weatherly, David McCallum and Pauley Perrette also star in "Hide and Seek"; Markus Flanagan, Rebecca Creskoff and Braeden Lemasters guest star. 9 PM on CICT KREM



## The Cleaner

A hospital administrator seeks William's help after receiving an anonymous letter accusing a doctor and some nurses of using drugs. After one nurse passes out during surgery, William brings her for treatment while Melissa babysits her son. Charles Esten, Rebecca Gayheart and Jonathan Adams guest star in the new episode "An Ordinary Man." 8 PM on A&E

## Being Erica

Erica has traveled into the past to try changing it a few times now. But in this new episode, she just needs a vacation. So Dr. Tom decides to give her a break from her work and family stress by sending her back to an especially pleasant day in her past. Tyron Leito and Reagan Pasternak also star in "Such a Perfect Day." 9 PM on CBRT



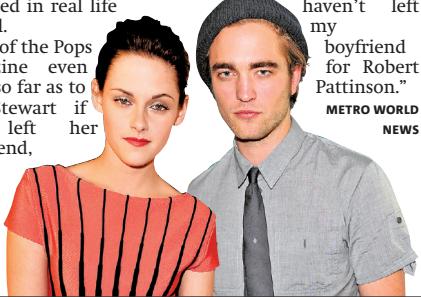
Friends of Billy Joel say the singer is distraught over the June split from his wife, Katie Lee Joel, and is desperate to win her back. "Billy is obsessed with her," a pal told Page Six. **METRO WORLD NEWS**

## Celebrity Buzz

### Kristen, Rob still not a couple

**DENY EVERYTHING** No matter how many times they deny it, Twilight stars Kristen Stewart and Robert Pattinson always find themselves facing more rumours that their on-screen romance has bloomed in real life as well.

Top of the Pops magazine even went so far as to ask Stewart if she left her boyfriend, actor



### Mystery mama identified

**BABY DRAMA** It didn't take long for Jude Law's mystery pregnant ex-girlfriend to be identified as model Samantha Burke. And after much speculation about their relationship, Burke is speaking out.

"Samantha, her mom, and her family can affirm that Jude has been responsive and supportive throughout the relationship and pregnancy, and know that he will remain so as a father once Baby Sophia is born," a statement from her lawyers reads, according to Hollyscoop.

The baby is reportedly

due in the fall, just as Law hits Broadway in Hamlet and begins promoting his next film, Sherlock Holmes.

The news that Burke is pregnant with his child caught Law off guard, according to friends of the actor. "Just assumed she was on the Pill," a source told the Daily Mirror. "He was stunned at being in-

formed of the pregnancy. Jude feels like now he has been made to look the bad guy. One of the reasons their brief relationship

didn't work out is because Samantha was a little too keen. She claimed she was falling in love after just a couple of weeks." It's believed Law still has not spoken directly to Burke since finding out about the pregnancy.

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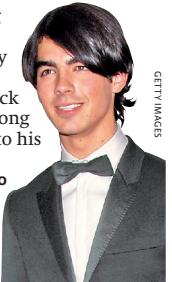
### Joe bounces back with Disney star?

**REBOUND** Joe Jonas may have found someone to help him get over his breakup from Camille Belle.

The middle Jonas Brother was spotted out to dinner at L.A. restaurant Kat-suya recently with Brenda Song from Disney's The Suite Life of Zack and Cody, according to TMZ.

The pair tried to dodge paparazzi by not leaving the restaurant together, but photographers spotted Jonas pulling over halfway down the block to let Song hop into his car.

**METRO WORLD NEWS**



### I'm not the new King of Pop: Kanye

**INTERNET RUMOURS** Kanye West is slapping down reports that he recently dubbed himself the new King of Pop.

"It makes me feel bad that obviously I made people feel that I would be corny enough to say something so whack after the passing of an idol, a legend and more than that a human being with feelings and a family," West posted on his official website.

"It scares me to think what people will believe, without even a source. Any random person can type something on the Internet and then the world believes it."

**METRO WORLD NEWS**

### Britney's big thank-you gift

**APPRECIATION** Britney Spears was looking for the best way to thank her father, Jamie Spears, for all his help turning her life around, and she found it — she's buying him a restaurant.

"Britney just wanted to give him something useful as a sign of her appreciation," a source said, according to Hollyscoop. "After all



**METRO WORLD NEWS**

their ups and downs she knows he's always got her best interests at heart."

Before stepping in to oversee Spears' personal and professional lives, Jamie owned a catering company in Louisiana. The new restaurant will reportedly specialize in soul food.

### Paris tell-all in the works?

**SPILLING THE BEANS** It's hard to imagine there's much the public doesn't know about Paris Hilton, but her former manager, Jason Moore, is banking on being able to reveal some new information, at least according to a pitch for a tell-all book he's looking to write.

"Jason will demonstrate how, for 10 years, he managed to save his mercurial client from disgrace by manipulating the media, and Paris herself," the pitch letter boasts, according to the

New York Daily News.

"Paris was oftentimes her own worst enemy, making a sex tape with a former boyfriend, nursing hangovers during photo shoots, falling asleep everywhere and getting thrown in jail for numerous driving violations. If Paris Hilton didn't have Jason Moore pulling the strings (and) cleaning up her messes, she could well have faded into oblivion."

**METRO WORLD NEWS**

### Real-life Gossip Girl relationship

**BEHIND THE SCENES** Gossip Girl actor Sebastian Stan says it's great working on the same TV show as his girlfriend, Leighton Meester. Unfortunately, their characters aren't together, which means they each spend a lot of time at work kissing other people — Meester most

notably with Ed Westwick. But Stan takes it all in stride, he tells People magazine. "It's work and everyone shares the same mentality when it comes to that. But we all laugh about it. The good part is I get to go home with her."

**METRO WORLD NEWS**

### MJ's mother suspects foul play

**SUSPICIONS** Katherine Jackson spoke out publicly about her son Michael's recent death — and she suspects foul play.

"My son is dead and I don't think he just died of natural causes," Jackson told Geraldo Rivera on his TV show. "He's too young. Something happened." Jackson, who has custody of Michael's three children, also shot down rumours that her husband Joe Jackson is banned from her Encino, Calif., home.

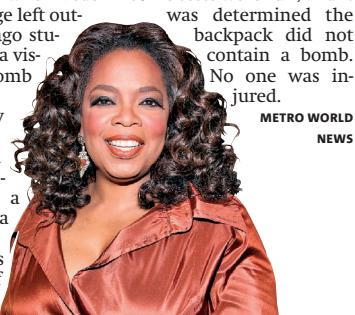
**METRO WORLD NEWS**



### Oprah gets bomb threat

**FALSE ALARM** Oprah Winfrey's staff got quite a shock recently when a suspicious package left outside the Chicago studio prompted a visit from the bomb squad.

Early Friday morning, a security guard at Harpo Studios found a backpack in a flowerbed with wires coming out of it, according



**METRO WORLD NEWS**

to Us Weekly. Police were called and some tests were run, and it was determined the backpack did not contain a bomb. No one was injured.

**METRO WORLD NEWS**

### Regretful Ryan wishes for do-over

**FAMILY MATTERS** Speaking publicly for the first time since the death of his long-time partner Farrah Fawcett, Ryan O'Neal says he wishes he could have a second shot at the 30-year relationship, and wonders if his cruel character contributed to her illness, people.com reports.

The actor, 68, tells Vanity Fair that he'd love to "do it over," given the chance, and in the process

would change his flaws that had caused Fawcett pain. "I would have been much kinder, more understanding, more mature," he said. "I'd lose some of the savagery. I don't know how she got cancer; maybe some of it was me."

O'Neal believes Farrah was going through some kind of life change, he said. "I didn't have a change of life. I was always a jerk... I just don't think she liked me very much. So I excused myself."

O'Neal also called himself a "hopeless father"

and related one disturbing incident from Fawcett's funeral.

"I had just put the casket in the hearse and I was watching it drive away when a beautiful blonde woman comes up and embraces me," said O'Neal. "I said to her, 'You have a drink on you? You have a car?' She said, 'Daddy, it's me — Tatum! I was just trying to be funny with a strange Swedish woman, and it's my daughter. It's so sick.' **METRO NEWS SERVICES**

### Halle nixes marriage

**LOVE HURTS** Don't expect any wedding bells any time soon for Halle Berry.

Though perfectly happy in her relationship to Gabriel Aubrey, the actress claims she doesn't believe in lifelong love.

"I'm much clearer about what a relationship is, which is why I will

never marry again," she told Britain's You magazine. "Gabriel and I have a great partnership and a lovely daughter. But I once was stupid enough to say, in a previous relationship, 'I'm going to be with this person forever,' and realized, as I grew, that I don't know if forever is possible."

**METRO WORLD NEWS**





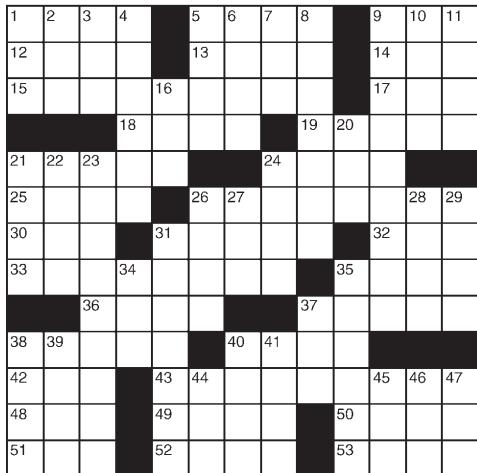
## Andrew Schultz, Weather Specialist – Breakfast Television

I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta!"

WEEKDAYS AT 6 A.M.

BREAKFAST  
TELEVISION

## Take Five



## ACROSS

1 Group of musicians  
5 Great Lakes fish  
9 Dubya's brother  
12 Chills and fever  
13 Leak slowly  
14 Eggs  
15 Mischievous sprite  
17 Stein or Stiller  
18 Go up  
19 Express appreciation  
21 Tag  
24 A Baldwin brother  
25 Lotion additive  
26 Fixed firmly  
30 Young lion  
31 One over par  
32 Rage  
33 Inscribe, as in heraldry  
35 Soccer score  
36 "Dear —"  
37 Feel  
38 Equine  
40 Ethereal  
42 Wapiti

## DOWN

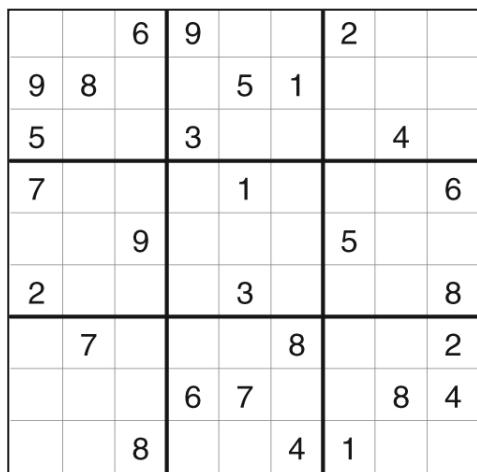
1 "Humbug!"  
2 Past  
3 Gist  
4 Temperature unit  
5 Corn eaters' throwaways  
6 Golf target  
7 Submachine gun  
8 British automobile  
9 Mini-strike  
10 Level  
11 Teller's place  
16 Lubricate  
20 Coop occupant  
21 Chantilly, e.g.  
22 Astringent

23 Priceless Memories writer  
24 Congregational call  
26 Snug and warm  
27 Swelled head  
28 History chapters  
29 Opposite of "stet"  
31 Watched 52-Across  
34 Ton fractions (Abbr.)  
35 Old Faithful, e.g.  
37 — Lanka  
38 Weight  
39 Margarine  
40 Help a hood  
41 Doctrines  
44 Discoverer's cry  
45 Greek consonant  
46 Ar follower  
47 Reuben holder

## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

|          |          |       |   |   |   |   |   |   |   |   |   |
|----------|----------|-------|---|---|---|---|---|---|---|---|---|
| ALL      | FATE     | STOW  | 4 | 1 | 5 | 9 | 3 | 6 | 2 | 7 | 8 |
| SEA      | OVER     | PAPA  | 6 | 2 | 3 | 8 | 7 | 1 | 4 | 9 | 5 |
| SANGUINE |          | RUEES | 8 | 9 | 7 | 2 | 5 | 4 | 1 | 3 | 6 |
| GOLD     |          | HITCH | 9 | 6 | 2 | 4 | 1 | 8 | 7 | 5 | 3 |
| APSES    | SWAN     |       | 5 | 4 | 1 | 3 | 6 | 7 | 9 | 8 | 2 |
| GUYS     | SLE      | GHTS  | 7 | 3 | 8 | 5 | 2 | 9 | 6 | 4 | 1 |
| URN      | CHANG    | ARE   | 3 | 5 | 6 | 7 | 4 | 2 | 8 | 1 | 9 |
| ELEPHANT | KANT     | KNEW  | 1 | 8 | 4 | 6 | 9 | 5 | 3 | 2 | 7 |
| YEGGS    | LOGES    |       | 2 | 7 | 9 | 1 | 8 | 3 | 5 | 6 | 4 |
| VAULT    | KALE     |       |   |   |   |   |   |   |   |   |   |
| ORSO     | KANGAROO |       |   |   |   |   |   |   |   |   |   |
| TEEN     | OREO     | OWN   |   |   |   |   |   |   |   |   |   |
| EARNS    | JICES    | NEE   |   |   |   |   |   |   |   |   |   |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

## ARIES

MARCH 21-APRIL 20

TAURUS  
APRIL 21-MAY 21

There's no point getting upset, because your life is progressing as it should. That applies especially to your work, relationships and creative activities.

You seem to be fearful for no good reason. Fortunately, what happens today will remind you that fear is a negative emotion and serves no useful purpose.

## LIBRA

SEPT 23-OCT 23



Something will inspire or upset you so greatly in the next 24 hours you'll have to do something about it. But first be completely sure what's going on.

Others will no doubt react with surprise at your doings today, but they should have seen it coming — after all, you'd been sending out warning signals.

GEMINI  
MAY 22-JUNE 21

You can see that changes taking place in your everyday environment will have long-term results that most likely will work in your favour.

SAGITTARIUS  
NOV 23-DEC 21

You may be enjoying a time of fun and plenty but not everyone is, so don't get peeved if someone is needlessly grumpy today. Cheer them up.

CANCER  
JUNE 22-JULY 22

Your inability to generate enthusiasm for your work suggests it's time to rethink your priorities. Remind yourself what life is really about.

CAPRICORN  
DEC 22-JAN 20

You're comparing yourself negatively to successful people, and that's not fair. Only compare who you are now with who you were yesterday.

LEO  
JULY 23-AUG 23

Don't assume that because someone has been keeping things from you they have betrayed you. It's far more likely they've been protecting you.

AQUARIUS  
JAN 21-FEB 18

Even if someone is an expert you don't have to believe them. If your inner voice says they're wrong today then have the courage to believe it.

## VIRGO

AUG 24-SEPT 22



If you are not in the mood for socializing today don't force yourself. Let others know that if your door is shut it means you don't want to play.

## PISCES

FEB 19-MARCH 20



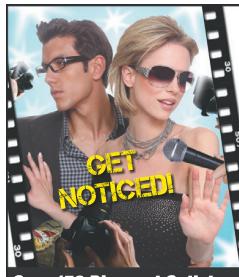
You can curse fate for your miserable fortune but just as easily thank it for the good things it's bestowed on you. You are actually doing rather well.



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Taxes & fees: \$187



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Barceló Cayo  
Santa María • 4★  
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Taxes & fees: \$218

### Santa Clara

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All-Inclusive • Standard rm.  
Aug. 9-23 • 1 wk.

**\$1029**

Taxes & fees: \$218

### Cancun/Riviera Maya

Occidental  
Grand Xcaret • 4 1/2★  
All-Inclusive • Deluxe rm.  
Dec. 20 • 1 wk.

**\$1559**

Taxes & fees: \$265

### Gran Bahia

Príncipe Tulum • 5★  
All-Inclusive • Standard rm.  
Dec. 20 • 1 wk.

**\$1789**

Taxes & fees: \$265

## DEAL to EUROPE

### London

Hotel Ibis London  
Earls Court • 3★  
Breakfast  
Standard rm.  
Sept. 1, 2, 3, 5 & 16 • 1 wk.

**\$1099**

Taxes & fees: \$475

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